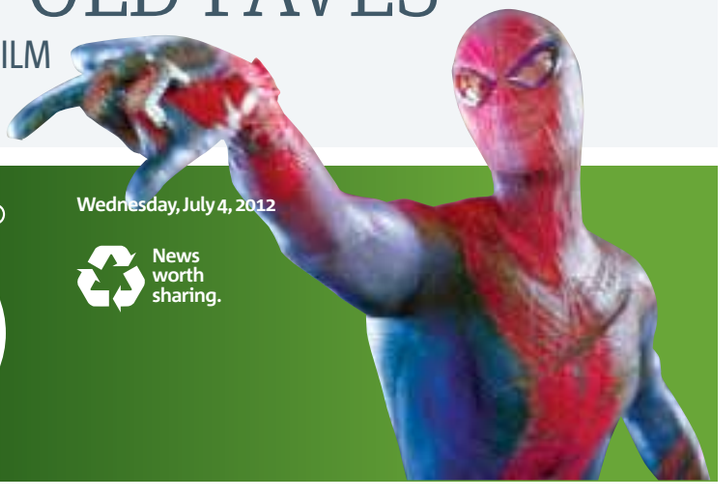
Meet 'Peg's domino sensation

Angry Birds sculpture gets more than 100M YouTube views PAGE 2

HOLLYWOOD PUTS NEW SPIN ON OLD FAVES

SPIDER-MAN LATEST FILM TO GET A REBOOT PAGE 7



WINNIPEG metro®

Wednesday, July 4, 2012

News worth sharing.

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Motorcycle swiped from scene of accident

$1,000 reward. Man offers cash incentive for info on his stolen bike

LAUREN PARSONS
winnipeg@metronews.ca

While Chris Mercier lay in a hospital recovering from a motorcycle accident only two hours earlier, his motorcycle was stolen from the accident site.

Mercier, 30, said he was in an accident on Kenaston Boulevard near IKEA on June 22 when he lost control and fell head-first onto the road. Within the two hours it took the tow-truck to arrive, his all-black 2008 Suzuki GSXR 1000 was gone.

"If you see people loading a bike into the truck, you wouldn't think anything of it," said Mercier. "You would probably think it belongs to them."

Mercier had a temporary insurance permit on the bike, which he said is destroyed on the right side.

Brian Smiley, spokesperson for MPI, said the difference between temporary insurance on an automobile and on a motorcycle is that a motorcycle is not covered in cases of fire and theft. MPI will repair the bike if it can be found. If it can't, Mercier's bike will not be replaced.

Smiley said the purpose of a temporary insurance permit is to get a vehicle from point A to point B for a period of a few days, something that works for Mercier who uses his bike to relax a few times a year.

"I can pay $38 for five days, or $700 a month. For the handful of times I rode it, who can afford that?" he said. "I don't know why someone would want to take a smashed up bike off the ground, but if anybody has any idea of where it could be, I would be so thankful."

Anyone with info is asked to call Mercier at 204-510-3671.

Chris Mercier sits on his front steps with a photo of his missing motorcycle. LAUREN PARSONS/FOR METRO

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NEWS

On the web

Pitting brother against brother

Doug Pitt has had a rough life. The non-famous Pitt has had to compete with his movie star brother Brad all his life. But the younger sibling is finally getting the attention he deserves in his first-ever endorsement, which highlights just how amazing (and ordinary) his life is. Go to metronews.ca to read the full story.

Just for laughs

Who put those stairs there?

Well, the long weekend is a distant memory and we're back to real life again. To make the transition as easy as possible, go to metronews.ca to watch a video montage of subway commuters clumsily navigating an awkward set of stairs.

Mobile news

Talk about your peaks and valleys. Superstar screenwriter Aaron Sorkin, still basking in the warm glow of his Oscar win for The Social Network, is suddenly the object of scorn and ridicule. Scan the code to watch the video that has everyone talking.

In this screenshot from YouTube, FlippyCat shows off his Angry Birds 3D domino sculpture. METRO/YOUTUBE SCREENSHOT

YouTube domino effect keeps local artist going

FlippyCat. Winnipeg artist who recreates classic works of art garners 128 million views on YouTube

SVJETLANA MLINAREVIC
winnipeg@metronews.ca

A domino sensation is living in Winnipeg and he's taking over YouTube.

The childhood game of setting up and knocking down plastic tiles has become an art form for the YouTube artist known only as FlippyCat.

Since posting his first video in 2006, FlippyCat has received more than 128 million video views and almost 200,000 subscribers. His videos show him setting up intricate structures such as the Tower of Pisa and replicas of famous paintings such as Van Gogh's Starry Night and Da Vinci's Mona Lisa.

"I played with domino rally sets when I was a kid. Was bored, and decided to record a few setups one day and it just grew from there I guess," said FlippyCat.

One video shows him setting up 600,000 dominoes in 64 hours and 24 seconds, a personal best.

"(My most challenging piece was a) large 3D domino pyramid, where the entire thing all falls down with one little accident," he said.

Since it can take hours or days to construct a sculpture and only seconds to knock down, what is the most enjoyable part for FlippyCat?

"Finishing is probably the part that's enjoyable. Setting up is usually just repetitive and somewhat relaxing, if all goes well," he said.

To date, FlippyCat's most famous YouTube piece is his Angry Birds setup.

"I'm my worst critic, but I was pleased with how my Angry Birds and Minecraft projects turned out."

FlippyCat is not sure what his next piece will be but people can check out his YouTube channel for updates.

Disturbances

RCMP busy at Countryfest; foul play not suspected in death

Dauphin RCMP were kept busy at this year's Countryfest.

Officers were called for service at the four-day festival a total of 16 times, with the majority of those calls involving drunks causing disturbances.

Two people were arrested for driving drunk, at least 132 people were caught speeding, 60 were charged with other Highway Traffic Act offences, and 32 were charged with having open liquor.

Police also said foul play is not suspected after a 42-year-old Dauphin man was pronounced dead in hospital after being found unresponsive in the Countryfest site early Monday.

Last year RCMP were called to the festival 30 times, and five were charged for drunk driving.

Dauphin Countryfest is Canada's longest running country music festival.

METRO

Drunk tank

23

In all, 23 people had to be lodged in cells for being drunk this year at Countryfest. Last year, this number was 40.

Folk lure. Canadian hit-makers K'Naan, Feist expected at Winnipeg Folk Festival

The wait is over.

Folkies counting down the days from last year's Winnipeg Folk Festival are breathing a sigh of relief — the annual celebration of music and friends starts Wednesday.

"It's going to be pretty cool," the festival's artistic director Chris Frayer told Metro.

"It's one of the premiere outdoor music festivals in North America and it's in our own backyard."

Frayer said there's more than 70 performers lined up to play on the festival's multiple stages during the five-day event, which takes over Birds Hill Provinciaål Park until Sunday. The party gets started Wednesday at noon with a free kick-off performance by Philadelphia-based folk trio Good Old War at Old Market Square.

The main stage at the festival grounds opens Wednesday night with Snowblink, James Vincent McMorrow, and Feist.

Canadian rapper K'Naan (pictured) and Billy Bragg round off Thursday's performances and Tedeschi Trucks Band, DeVotchKa and Iron and Wine are among the many performers scheduled.

The festival will also have artist workshops, the Hand-Made Village with 48 different artisans selling wares, and 18 different food trucks keeping bellies happy.

There are still day tickets, five-day festival passes and quiet campground passes available.

Go to winnipegfolkfestival.ca or call 231-0096 for more information.

SHANE GIBSON/METRO

Aging buildings. 8 libraries targeted for replacement

Winnipeg is aiming to replace eight libraries in the city that need renovation.

Charleswood, St. Vital, Windsor Park, Transcona, River Heights, Westwood, St. James and West Kildonan libraries will all be replaced with new facilities, with Windsor Park and St. Vital being amalgamated into one facility, if a report released Tuesday is approved by council.

The eight branches, according to a City of Winnipeg press release, are all 50 years or older. They need renovation and maintenance and have accessibility and functional layout problems, and they do not provide some amenities expected in modern libraries, the release states.

The Standing Policy Committee on Protection and Community Services will consider the report on Thursday.

METRO

When it will happen

Proposed dates for the replacement of the facilities are as follows:

- Charleswood — 2013
- St. Vital/Windsor Park (amalgamation) — 2013
- Transcona — 2014
- River Heights — 2015
- Westwood — 2017
- St. James-Assiniboia — 2018
- West Kildonan — 2020

Feds and province still negotiating flood funding

2011 flooding.
Governments still talking over whether $100M emergency channel at Lake St. Martin qualifies for federal funding

The federal government has put up another $50 million to help Manitoba restore areas hit by last year's severe flooding.

Claims are still being tallied and are expected to reach several hundred million dollars. But the federal government wants to get some money into the province's hands quickly, Public Safety Minister Vic Toews said Tuesday.

"What used to happen in the past is, (the province) would wait for years. And what we say is 'look, there's going to be some money payable. Let's get that out front there so it helps the province cover those costs,'" Toews said.

It's the second $50-million payment Ottawa has given the province under the Disaster Financial Assistance program, which sees the federal government reimburse provinces and municipalities for up to 90 per cent of expenses.

Manitoba Infrastructure Minister Steve Ashton said, in the end, the federal government may be asked to cost-share almost $400 million under the program. Other federal money is expected under agricultural assistance and other aid programs.

In total, the cost of fighting last year's flood and repairing the damage is expected to top $1 billion.

Record water levels hit many areas in western and central Manitoba last May, forcing thousands of people from their homes and cottages. Emergency dikes were put up in Brandon, the province's second-largest city, as the Assiniboine River swelled.

Public Safety Minister Vic Toews says the final flood tally from last year is not known yet. DARRYL DYCK/THE CANADIAN PRESS

Many First Nations residents were evacuated to hotels and lakefront cottages after some areas were destroyed.

"It's a work in progress," said Ashton. "We are in contact with Minister Toews' officials. And certainly we continue to be optimistic it would be cost-shareable under Disaster Financial Assistance."

THE CANADIAN PRESS

Costly ordeal

$1B

The cost of fighting last year's flood and repairing the damage is expected to top $1 billion.

Vi-Ann says goodbye to Osborne Village

Vi-Ann owner Bac Bui stands in what was once his restaurant's dining room. Landlord Martin Ringer has offered to give Bui $10,000 after Bui has vacated the premises by July 12. SVJETLANA MLINAREVIC/FOR METRO

After 12 years, an Osborne Village favourite is closing its doors.

When Bac Bui, owner of Vi-Ann Restaurant, began the fight to save his little restaurant he had hoped this day would never come.

"This is a terrible day for me," he said on Monday, one day after his restaurant closed.

Bolstered by public support, Bui began the fight to save Vi-Ann from a Shoppers Drug Mart's expansion in December of 2011. He lost the fight in February of this year when the city's appeal committee approved Shoppers' expansion from 10,000 square feet to 17,600 square feet.

Quoted

"Thank you to all the people who have been supporting us all these years. We look forward to seeing them in the future."

Bac Bui, owner of Vi-Ann Restaurant

Initially, Bui was scheduled to move out the last week of June, but Shoppers allowed him to remain open until July 1, so he could take advantage of the Canada Day rush. Bui said more than 200 people came to eat their last Vi-Ann meal.

"A lot of people came out to support us last night," said Bui. "They wished good luck for me and my new location. It was a full house of people. They were even standing (in line) outside ... People brought me flowers, cakes, and thank you cards."

By 12:30 a.m. Bui had to turn people away as the restaurant had run out of food.

For now, Bui has yet to find a new location for his restaurant.

SVJETLANA MLINAREVIC/FOR METRO

Safety.

City wants more video surveillance on its buses

The city is proposing to expand the video camera program on Winnipeg Transit buses in an effort to stem the flow of assaults against bus drivers.

The city's public works committee discussed the report Tuesday, which said currently, video cameras capture the entirety of the buses' interior. However the area where the bus driver sits is not videotaped, due to privacy issues.

"The exclusion of the Operator's compartment does not allow for an assault to be recorded in its entirety," reads the report. This means when a bus driver sitting in their seat is assaulted by a passenger, the video of the event is not recorded.

In 2005, there were 17 reported incidents of assaults on city bus drivers. The following year, that number increased to 30. In 2011, there were 63 reported incidents.

A common theme among the assaults is passengers contesting fares; either not paying the correct amount or trying to get on the bus for free.

Other safety measures have been taken, including training for bus drivers to protect themselves and an envelope with bus tickets for people who can't pay the fee provided to bus drivers. The City has also tested a protective shield for drivers, but noted many complained of feeling confined and poor ventilation.

However, a spokesperson for the transit union told the committee they would rather see transit police or inspectors with the power to ticket violators.

The public works committee voted to send the report back to Winnipeg Transit for tweaking. An amended report is expected in three months time.

METRO

Wildfires, heat waves, drought — weird weather or something more?

Variables. Climate scientists suggest that if you want to see examples of global warming, just look at recent U.S. weather

Horrendous wildfires. Oppressive heat waves. Devastating droughts. Flooding from giant deluges. And a powerful freak wind storm called a derecho.

All seen recently in the U.S., these are the kinds of extremes climate scientists have predicted will come with climate change, although it's far too early to say that is the cause. Nor will they say global warming is the reason 3,215 daily high temperature records were set in the month of June.

Scientifically linking individual weather events to climate change takes intensive study, complicated mathematics, computer models and lots of time. Sometimes it isn't caused by global warming. Weather is always variable; freak things happen.

But since at least 1988, climate scientists have warned that climate change would bring, in general, more heat waves, droughts, sudden downpours, widespread wildfires and worsening storms. In the United States, those extremes are happening now.

So far this year, more than 2.1 million acres have burned in wildfires, more than 113 million people in the U.S. were in areas under extreme heat advisories last Friday, two-thirds of the country is experiencing drought and, earlier in June, deluges flooded Minnesota and Florida.

"This is what global warming looks like at the regional or personal level," said Jonathan Overpeck, professor of geosciences and atmospheric sciences at the University of Arizona. "The extra heat increases the odds of worse heat waves, droughts, storms and wildfire. This is certainly what I and many other climate scientists have been warning about." THE ASSOCIATED PRESS

Melissa Mgana kisses her daughter as she surveys what is left of their home on Sunday in Colorado Springs, Colo., after the Waldo Canyon fire ravaged the neighbourhood. HELEN H. RICHARDSON/THE DENVER POST/THE ASSOCIATED PRESS

Elliot Lake

Cops launch criminal investigation over mall roof collapse

New information has led the Ontario Provincial Police to deem their probe of a fatal mall roof collapse in Elliot Lake a criminal investigation.

Two women were killed on June 23 when the roof of the Algo Centre Mall caved in and plummeted two floors down into the building. THE CANADIAN PRESS

Occupy Toronto

Officer cleared for punching protester

Ontario's police watchdog has cleared a Toronto officer who says he punched an Occupy Toronto protester in the face during an arrest.

The Special Investigations Unit says it's unclear whether the force was "excessive," when considering the level at which Angela Turvey was resisting arrest. SIU director Ian Scott says while he believes Turvey was punched, she was interfering with the arrest of another protester and there are no reasonable grounds to criminally charge the officer. THE CANADIAN PRESS

Cabinet shuffle

Bev Oda resigns

As one door swings shut on an embattled cabinet minister's political career, another opens for Prime Minister Stephen Harper.

International Co-operation Minister Bev Oda's resignation Tuesday gives the prime minister the space he needs for a cabinet shuffle this summer. THE CANADIAN PRESS

Libyan-Canadians cast historic ballots

Naji Mahmoud, of Windsor, casts his ballot as Libyan-Canadians vote during the first day of the Libyan National Congress Elections in Ottawa on Tuesday. Canada is one of just six countries with Libyans living abroad that are making voting available. The others are the United States, Germany, the United Arab Emirates, Jordan and the United Kingdom. Libya will vote on July 7. SEAN KILPATRICK/THE CANADIAN PRESS

Sarkozy. Home searched over alleged illegal donations by cosmetics heiress

French investigators searched the home and office of former president Nicolas Sarkozy on Tuesday as part of a probe into suspected illegal financing of his 2007 presidential campaign by the L'Oréal cosmetics heiress, an official said.

Potential legal troubles have threatened Sarkozy since he lost the presidency to Socialist Francois Hollande in May elections. Sarkozy, who lost his immunity from prosecution on June 15, denies wrongdoing.

Judge Jean-Michel Gentil and other investigators from the Paris financial crimes unit conducted the search of Sarkozy's home and office, the official said, speaking on condition of anonymity because he was not authorized to be publicly named discussing an ongoing investigation.

Messages left with Sarkozy's staff were not immediately returned.

The probe centres on the finances of France's richest woman, L'Oréal cosmetics heiress Liliane Bettencourt.

Nicolas Sarkozy THE ASSOCIATED PRESS

A long-running family feud over her fortune ballooned in 2010 into a multilayered investigation and political affair. Allegations emerged that Bettencourt provided illegal campaign cash to Sarkozy's party during the 2007 campaign. Sarkozy vigorously denies the claims. THE ASSOCIATED PRESS

Rescued aid worker. Big feet saved the day: Mom

Big feet and a fortuitously placed wallet helped save the day for a Canadian aid worker snatched at gunpoint at a Kenyan refugee camp and marched with three other captors across the border into Somalia, his parents said Tuesday.

Clearly relieved after days of frantic worry, Carol-Ann and Peter Dennis were able to share some of the humour that helped sustain their son, Steve Dennis, during his ordeal.

"He's tall, so he's got big feet," Carol-Ann told The Canadian Press. "The trackers could track them because they could see the big foot and some little feet in the pattern of walking."

Dennis, 37, of Toronto, and fellow Canadian Qurat-Ul-Ain Sadazai, 38, of Gatineau, Que., were among four aid workers snatched at gunpoint on Friday from the huge Dadaab refugee camp in Kenya near the Somalia border.

Also kidnapped and rescued with them were Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino, who was shot during the initial kidnapping. Dennis was also grazed by a bullet.

"In Steve's case, it happened to hit him right in his wallet that he carries in his front (leg) pocket — it bruised him a little bit," his father said. "He said he was saved by his credit cards." THE CANADIAN PRESS

RIM boss goes on the defensive

'Nothing wrong.'
Heins attempts to cast tech company's current challenges in a positive light

Research In Motion CEO Thorsten Heins THE CANADIAN PRESS

Research In Motion chief executive Thorsten Heins was on the defensive Tuesday, insisting "there's nothing wrong with the company as it exists right now," and that he's confident the BlackBerry maker will get past its current challenges.

Heins led the march of several executives who fanned out to media outlets in an effort to cast a positive glow on the company, which has been facing an increasing amount of negativity over its seemingly endless problems.

Last week, RIM shocked the market with another delay to its crucial BlackBerry 10 operating system which has been considered by many as a last-ditch effort to save the company. But that was only part of the bad news.

RIM also said it would lay-off about 5,000 employees as it slashes costs across the organization to contend with faltering sales of its BlackBerry smartphones and a quickly eroding stock price.

In morning trading on Tuesday, RIM's stock was down seven cents to $7.47 on the Toronto Stock Exchange.

Heins acknowledged the company faces a challenge to regain market share in the United States, but insisted RIM isn't in a "death spiral."

"There's nothing wrong with the company as it exists right now," Heins said on CBC's Metro Morning radio show.

Heins said the major changes RIM has made to its management and business objectives since he became CEO in January are part of a massive transition to a whole new technology platform.

He said sales in other parts of the world remain strong and argued the transition to the BlackBerry 10 will be a completely different way for RIM to address mobile computing.

But before that launch sometime early next year, RIM needs to survive the rest of 2012. Many analysts expect that will be particularly challenging as the company tries to market its older lineup of smartphones to savvy North American users who could easily switch to Android phones or the new Apple iPhone expected sometime this fall.

RIM is turning to its global customer base in hopes that will keep sales afloat in the meantime. Some of its older phones are still relatively new in some regions. THE CANADIAN PRESS

Canadian firms set sights on gold

A truck drives down a Pueblo Viejo mine in the Dominican Republic. Barrick Gold Corp. of Toronto and Goldcorp Inc. of Vancouver are poised to open one of the world's largest gold mining operations in a country where the industry has a toxic legacy of pollution that stained rivers a searing red and failed to lift the fortunes of the largely poor country. MANUEL DIAZ/THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.77¢ (+0.55¢)

TSX 11,848.75 (+252.19)

OIL $87.66 US (+$3.91)

GOLD $1,621.80 (+$24.10)

Natural gas: $2.899 US (+7.5¢)
Dow Jones: 12,943.82 (+72.43)

Scandal

Two resignations at Barclays

Barclays chief executive Bob Diamond quit his job Tuesday in a financial markets scandal that has also seen the chairman announce his intention to resign and has sown the seeds for another investigation into Britain's banking sector.

Jerry del Missier, appointed only last month as chief operating officer at the bank, resigned hours after Diamond left.
THE ASSOCIATED PRESS

Online video

Netflix viewers surpass 1B hours

Netflix announced Tuesday that its subscribers watched more than 1 billion hours of online video last month as the advent of high-speed Internet connections and mobile devices change people's viewing patterns.
THE ASSOCIATED PRESS

Lending. BMO predicts interest rate will stay low

The Bank of Montreal predicted Tuesday that the Bank of Canada will keep its key interest rate low for longer than it expected.

Economists at the bank are now predicting that the central bank will not raise its key rate until July 2013, six months later than their earlier prediction of January 2013.

The rate affects the prime lending rates at banks and in turn influences all kinds of interest rates including those charged to variable rate mortgages and lines of credit.

But BMO mortgage expert Laura Parsons urged prospective home buyers to choose fixed-rate mortgages, which are also near record lows.

"While interest rates have been at historic lows, the inevitable climb will happen," said Parsons. "Choosing a fixed mortgage can provide protection against rising rates and make the cost of owning a home more manageable in the long run."

Ottawa moved last month to tighten mortgage rules for the fourth time in as many years in an effort to cool the housing market. THE CANADIAN PRESS

Revamp. Chuck E. Cheese gets makeover

Chuck E. Cheese has been given the pink slip.

The company that operates the chain of children's pizza restaurants is retiring the giant rodent's outdated image — and the man who voiced its character for nearly two decades.

CEC Entertainment Inc. says it plans to launch a U.S. ad campaign Thursday with a revamped image of Chuck E. Cheese as a hip, electric-guitar-playing rock star.

It's just the latest makeover for the 35-year-old mascot, which started life as a New Jersey rat who sometimes carried a cigar.

CEC Entertainment, based in Irving, Texas, is struggling to revive sales at its 500 plus pizza restaurants, which offer games, prizes and a musical variety show.

In May, CEC said revenue at its locations open at least a year fell 4.2 per cent in the first quarter and lowered its outlook for the year.

The new Chuck E. Cheese that launches this week will be voiced by Jaret Reddick, the lead singer for the pop-punk band Bowling for Soup. The details of Chuck E.'s new image will be unveiled this week. THE ASSOCIATED PRESS

The new-look Chuck E. Cheese, mascot of the chain of kids' restaurants. THE ASSOCIATED PRESS

Headphone-maker buys MOG

Upscale headphone maker Beats Electronics is buying music subscription service MOG in an attempt to improve what goes into playback devices as much as what comes out of them.

Beats, founded by rapper Dr. Dre and recording executive Jimmy Iovine, has devoted its brand to high-quality sound. But headphones and speakers are limited in their ability to improve the sound of songs whose data is compressed to squeeze through narrow pipes like older cellular phone networks.

Beats hopes to use MOG to provide an end-to-end music experience that will help it compete against bigger subscription music rivals like Rhapsody and Spotify.

MOG's paying subscribers are estimated to be in the tens of thousands, compared to more than a million for Rhapsody in the U.S. and 3 million for Spotify worldwide.

"It's too early, I think, based on the scale of any of these services, to declare winners and losers," Beats president Luke Wood said in an interview. "I think the future of the marketplace is going to be defined by the greatest product and the best user experience."

Wood wouldn't limit plans for MOG to a race for higher fidelity. The company is looking at how to improve music discovery, curation, consumption and sharing.

Taiwanese cellphone maker HTC said in August that it was buying a 51 per cent stake in Beats for $300 million US.

Wood said MOG would continue to be available on multiple platforms and devices.
THE ASSOCIATED PRESS

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JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

I'm always looking for a new experience, so I've decided to sign up for a triathlon: swim, cycle, run; one immediately after another.

A lot of people are fierce and brave, and they like to tackle the Ironman triathlon, which consists of a 3.96-kilometre swim, a 180.25-km bike ride and a 42.2-km marathon, without any rest or dying in between.

I am not an iron man. More like a straw man, so I thought I'd start with a "sprint triathlon," which sounds very zippy, doesn't it? A sprint is to the Ironman what a Yaris is to an F-350 pickup: 700-m swim, 20-km bike ride, 5-km run. There's less chance of sinking like a stone at about 2.57 km into the swim or falling off your bike into a ditch at 127 km, or wandering into traffic, dehydrated and disoriented, around 37 km into the marathon.

Still, this "sprint," which occurs on July 22 (why are my palms sweating already?) has its challenges, not the least being I've never done all three of these things in a row on the same day, and rarely in the same month.

The main challenge, as far as I can tell, is getting through the transition, which means getting from the pool and onto the bike, then off the bike and into running shoes, all while the clock is ticking. The "three Ts" are key to transition: towels, talcum powder and tugging, not necessarily in that order. It's also important not to get confused and cycle in your swim goggles or run in your bike helmet, all of which apparently happen. How would I know? I've never even watched a triathlon.

Which might lead you to ask why I'm doing this. Well, it was either this or one of those river cruises along the Seine. Both of them involve going someplace exotic; either Paris or the pool at UBC. But the river cruise costs $7,000; registering for the triathlon? $68.

No contest.

Two weeks after the Point Grey Sprint Triathlon, on Aug. 7, is a similar event called the London Olympic Triathlon. While I'm just starting out, the great Canadian gold medallist (2000 Sydney Games) Simon Whitfield is in the twilight of his career and will be competing in one last Olympics before he retires, a geezer at 37.

Even though I can spot Simon a couple of years, once again, there are some similarities. Expectations are the key. On Aug. 7, the whole nation will be holding its breath, hoping that Simon is able to win gold one last time. On July 22, my wife will be holding her breath, hoping that I at least make it out of the pool.

OK. So what did you want for $68?

He's no Paul Sullivan, but Simon Whitfield, right, will still compete at the Olympics one last time. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Festival will make you wanna jump

PETER MACDIARMID/GETTY IMAGES

A Brit hit

London launches largest string of summer events

Elizabeth Streb's dancers perform in front of Tower Bridge at the launch of the Mayor of London Presents cultural events program on Tuesday in London, England.

The Mayor of London, Boris Johnson, launched an unprecedented program of free cultural events. From daredevil dancers choreographed by Elizabeth Streb to unusual car-park art exhibitions including the work of artists such as Jeff Koons, David Hockney and Andy Warhol for BMW ART DRIVE presented by the ICA.

This will be the biggest-ever outdoor cultural festival the capital has seen, brought to you by the Mayor of London and London 2012 Festival.

To help visitors navigate through all of the excitement, the mayor also launched a free smartphone app Tuesday, which provides users with information on the festival as well as the city's events, attractions and recommendations on the best restaurants. The app uses Google Maps technology for easy touring.

GETTY

What to do, what to do?

- **Nothing is Set in Stone** by award-winning composer and artist Mira Calix, incorporates an interactive sound system that allows visitors to experience the work through both touch and sound in the peaceful Fairlop Waters.
- **Fish Out of Water.** The English National Ballet and seven sisters group use dance, costume and camcorders to create an innovative performance at two iconic London venues.

From the mayor's office

"There has never been a better time to explore London, not just the well-known attractions, but the wonderful local gems waiting to be discovered."

Mayor Boris Johnson

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

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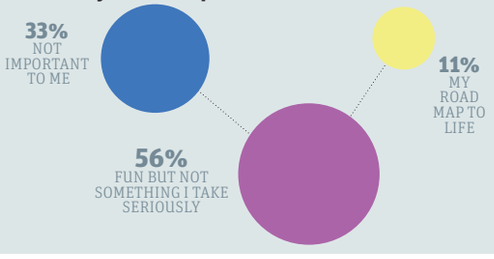

Twitter

@SteveAdamsWpg: Do you think the #NDP was offended that Luka Magnotta didn't mail them anything?

@WeRBlueandGold: Buck Pierce fully participated in the Bombers practice Monday. "Unless something crazy happens, I'm expecting to go (Friday)." Pierce Said.

@policyfrog: City can spend $5,000 on a website to tell people sidewalks are slippery in winter, but can't extend spray pad hours in heat wave.

@john_towns: I will never forgive #Winnipeg's community and business leaders for not shutting everything down when it's this hot.

@jessymraerex: My body is a living statue of mosquito bites

metro

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Why make a new film when you can recycle an old one?

Play it again, Sam. Hollywood has long been a fan of movie reboots. Spider-Man is the latest flick to get a an actor makeover

IN FOCUS
Richard Crouse
scene@metronews.ca

The adage, "The only constant is change," is only partially true in Hollywood. The list of recent movie reboots is as long as Lindsay Lohan's arrest record, and there's more on the way — we'll soon see new versions of Death Wish, Fletch and Highlander — but while the titles stay the same, the faces change.

This weekend, Peter Parker swings back into theatres, but instead of Tobey Maguire behind the familiar red-and-black-webbed mask it's Social Network star Andrew Garfield.

Not everyone is happy about the change. 1234zoomer commented on the new movie: "IS NOT GOING TO BE THE SAMEÒÒ WITHOUT TOBBY!!!," (her uppercase and spelling, not mine), but Maguire has been gracious, saying, "I am excited to see the next chapter unfold in this incredible story."

Whether the new Spidey acknowledges Maguire is yet to be seen, but at least one replacement had the manners to recognize their precursor on screen.

George Lazenby paid a tongue-in-cheek tribute to Sean Connery in On Her Majesty's Secret Service. After a wild battle to rescue Contessa Teresa (played by Diana Rigg) the new James Bond didn't get the girl. "This never happened to the other fellow," he says, looking dejectedly into the camera.

Former Bond Connery went on to co-star in The Hunt for Red October with Alec Baldwin playing Jack Ryan, a character later played by Harrison Ford and Ben Affleck.

It's rumoured that Chris Pine (who took over the part of Captain Kirk in Star Trek from William Shatner) will soon reprise the role.

The Batman franchise has also had a revolving cast. Since 1943 seven actors have played the Caped Crusader, including Lewis G. Wilson, who at 23 remains the youngest actor to play the character, and George Clooney who admits he was "really bad" in Batman & Robin.

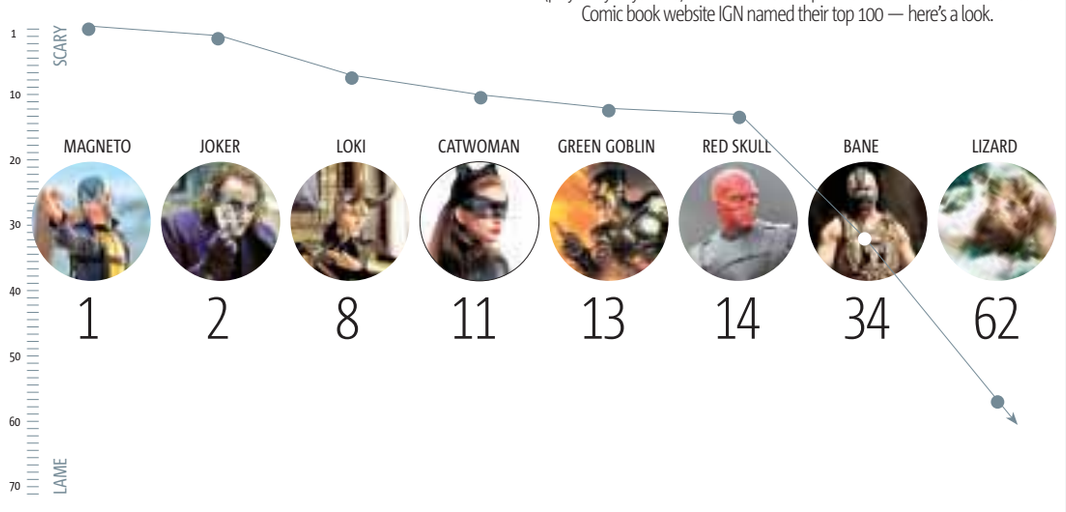
It's not only the Caped Crusader who changes from time to time. Harvey Dent, the handsome district attorney who turns into villain Two Face has been played by Billy Dee Williams, Tommy Lee Jones and Aaron Eckhart and The Dark Knight's Maggie Gyllenhaal took over the role of Rachel Dawes from Batman Begins star Katie Holmes.

Finally, Jodie Foster's take on FBI agent Clarice Starling in Silence of the Lambs was ranked the sixth greatest protagonist in film history on AFI's 100 Years... 100 Heroes and Villains list, but when she declined to reprise the role in Hannibal, Julianne Moore stepped in.

The Social Network's Andrew Garfield stars in The Amazing Spider-Man opposite Emma Stone. CONTRIBUTED

HOW EVIL IS THE LIZARD?

The bad guy in The Amazing Spider-Man is a scientist turned, well, lizard (played by Rhys Ifans). How does he compare to other comic book villains? Comic book website IGN named their top 100 — here's a look.



GRACIOUS GUY

Tobey Maguire has wished the new Spider-Man luck and said, "I am excited to see the next chapter unfold in this incredible story."

2 SCENE

Marketing deal

Pitbull to Alaska: I know you want me

Miami rapper Pitbull might soon be chilling out in Alaska. In a marketing deal, Walmart will send Pitbull, a.k.a Armando Christian Perez, to the store that gets the most "likes" on its Facebook page. Right now, the leading candidate is Kodiak, Alaska. And there may be a reason. A writer for The Boston Phoenix newspaper thought it'd be funny to send Pitbull to the most remote Walmart possible, and is encouraging people to "like" the Walmart in Kodiak. It seems to be working. The Kodiak Walmart had more than 35,000 "likes" Monday, more than five times the town's population. Kodiak has a significant lead in the contest to land Pitbull, but actual numbers weren't immediately available, Walmart spokeswoman Sarah Spencer said. She says other Walmart shoppers have until July 16 to like their local stores and pull ahead of Kodiak. "I know Pitbull is hoping his Miami Walmart shoppers start liking their Facebook page," she said. That would require some heavy lifting, with one Miami location sitting tight with 45 "likes" Monday. "He's definitely coming to Kodiak if Kodiak wins," she said. It would be the rapper's first visit to Alaska.

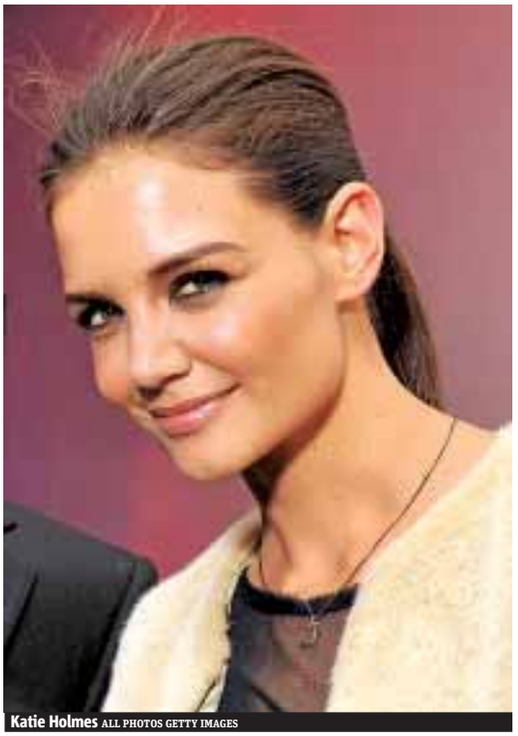
THE ASSOCIATED PRESS

On the web

Dona Bailey, a rare female programmer in Atari's early days, recalls birth of Centipede

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Katie Holmes ALL PHOTOS GETTY IMAGES

Holmes cut out of Tom Cruise's fortune

Kate Holmes filed for sole custody of daughter Suri. But one thing she won't be walking away with is tons of money, if you believe TMZ.

The site claims the stars' prenuptial agreement "cuts her out of his fortune" and a source says that's A-OK with Holmes.

"She's not about the money. She's not that girl. She loves to work," says the source. "Money is not that important to her. She makes plenty on her own."

Quoted

"She's not about the money. She's not that girl"

Source
On Katie Holmes

Speaking of which, she's still working. Yesterday, she filmed an episode of the TV series Project Runway, according to People.com—without her wedding ring on.

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The Word

Jennifer Hudson sings new Lullaby

RAISHAD HARDNETT
Metro World News

When many people think of Jennifer Hudson's singing style, they think of a thunderous, room-shaking tone. But now, with her new Pampers-inspired adaptation of the classic Lullaby and Goodnight, the multi-talented performer shows a gentler, sweeter side. We caught up with Hudson last week to discuss her new lullaby recording and how she balances being a mom and a superstar.

How did you incorporate your experiences as a mom into this lullaby?
(By) imagining putting my baby to sleep: What do you want to say to your child? What do you want them to hear before they fall asleep to soothe them, to calm them down? That's why I did it. Anytime he calls me, I say, 'That's my baby.' I always tell him, 'I love your hugs, I love your kisses.' So, I really took it from being a mom, and the real experience of that.

Is it difficult balancing motherhood with your work life?
It can be. That's why I love being from Chicago and living in Chicago. After we had our son, we decided we wanted to go back home, because to me that's what keeps you grounded. That's what keeps the foundation. And then you have family there, which is what keeps something normal, at least for him. I wanted him to have as much of a normal childhood as possible, and I felt like that was the best way to do that — by going back home. And although he is always in my world and watching mommy work, and seeing daddy wrestling — that's different, that will always make him grow up different — if he still has that base, that foundation that we had growing up, then that, to us, is what's important.

What advice do you have for new parents?
I remember when I first had my baby, I wanted all the guests to go home, but I was so terrified of being home alone with him. It's natural to be terrified, but it falls into place. You just fall into it.

Song

Download the song

- **Track.** You can download Jennifer Hudson's take on Lullaby and Goodnight for free at facebook.com/pampers.

Mel Gibson

Gibson at odds with family member

Mel Gibson, stepmother hater? The volatile star has been accused of terrorizing Teddy Joey Hicks Gibson, who married Mel's dad Hutton in 2001. She and Mel apparently disagree on how to treat their ailing father, who has health issues, according to thehollywoodgossip.com.

"Mel began yelling and saying, 'f— this, f— that' while levelling other extremely offensive language at me," said Teddy. Mel added: "not to f— with (Hutton's) treatments."

Alec Baldwin

Alec Baldwin feeling generous

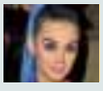
Just days after tying the knot with his yoga instructor, Alec Baldwin donated $1 million to the New York Philharmonic. The gift is in honour of outgoing President and Executive Director Zarin Mehta.

The 30 Rock actor is a Philharmonic board member and hosts its radio show, The New York Philharmonic This Week. He said in a statement Monday that Mehta made his dream of becoming part of the world of classical music come true. Mehta said Baldwin's "remarkably generous gift is just the latest in his steadfast and inspiring support" of the Philharmonic.

THE ASSOCIATED PRESS

Twitter

@amber_benson
Am annoyed that I will forever see myself backwards in every mirror that I look into.



@katyperry
I'm jet lagged but no I won't quote my own song.#jesustakethewheeltoday !

@ParisHilton
Packing for #Ibiza.#YES! Can't wait! Most magical island on earth! Loves it!

@alecbaldwin
Nothing. He quit Twitter. Again.

5 ways to keep the fun in your family vacation

Evil glares at the airport security line, jam-packed yesterdays that lead to too-tired-to-take-another-step todays, and kids offering TMI to the customs officials. It's no wonder parents get the shakes at the thought of a family vacation. Trust me, I know. My husband and I just spent more than 365 days with our two sons under the age of 10 on an around-the-world trip. Sure, there were moments when my sanity was questionable, but by the time we got home we were all a little wiser about how to make sure we made it through. My hard-learned lessons are your gain. These five tips will help replace your family's whines of "are we there yet?" with, "is it over already?"

TEXT AND PHOTOS BY HEATHER GREENWOOD DAVIS
life@metronews.ca

1 Don't let stressful moments steal your memories

Where we learned it: Beijing, China.
The mission was to meet our phenomenal guide at the Forbidden City. We should've been there by nine. At 10, we were still standing in pouring rain trying desperately to hail a cab. When we finally found one and agreed on the exorbitantly high overcharge, we had the ride of our life. Thrilled with his windfall the driver regaled us with broken English stories that we still giggle at today. We eventually saw and were amazed by the Forbidden City but nothing compared to the taxi ride over.

2 Pack less stuff

Where we learned it: The Mekong Delta in Vietnam.
Nothing will make you glad you didn't pack six pairs of shoes and three party dresses for a weekend away as a $6 deal on a lug-your-own-suitcase boat trip. There isn't a place in the world that doesn't have a laundry washing system or a place you can buy something in an emergency. We toured the world with one rolling bag and one backpack each. Sure it meant we weren't the most stylish family out there, but not once did we have to turn down an adventure because of our luggage.

3 Ditch the routines you can; adjust the ones you can't

Where we learned it: Cairo, Egypt.
At home the kids go to bed at 8, breakfast is at 7 and new friends are rare. On this trip? Bedtime was when they fell asleep, breakfast could include ice cream and every day there was the possibility of adding a new friend. We told the kids it was an adventure and they thrived. So much so that when, in Cairo, we found ourselves playing table tennis on a street corner at midnight and no one blinked an eye. It turns out kids aren't as desperate for routine as we think and sometimes the thrill of a broken routine is exactly what the doctor ordered.

4 The family that stays together loses their collective minds

Where we learned it: France.
We went to the Eiffel Tower twice but the kids were still itching to climb it; I was not. So we made a deal and while my husband took them to the top, I roamed the Champs Elysees. The result was a happier mom at the end of the day and a dad who knew I owed him one. (He cashed in with a boys night later on no questions asked.) While recharging your mojo remember to keep the self-imposed guilt to a minimum. There's nothing in the family vacation rulebook that says you aren't entitled to a vacation too.

5 Bring your phone

Where we learned it: Philadelphia, Penn.
We're so connected at home that a summer vacation can seem like the perfect time to disconnect. Do it if you must but remember that it's not the phone that's the problem, it's what you do with it and how often. Our trip was changed for the better because we had access to Twitter, Facebook and YouTube along the way. We got breaking news, travel advice and insider tips on the spot and met people online who we now count among our closest friends. Maybe the trick is not to stay connected but to get connected when you need to and to stay open to the possibilities of social media.

3

LIFE

Travel in brief

Most Canucks plan to hit the road in summer

An online survey of more than 1,500 people across Canada finds 55 per cent plan to take a vacation this summer. The Leger Marketing poll, conducted last week and released Friday ahead of the Canada Day long weekend, found the average spending target for those who do plan to vacation in July or August was about $1,700. Respondents from Alberta had the highest vacation budget, averaging nearly $2,300 while Quebec residents had the lowest spending target, at just over $1,300. Canada was the preferred destination for 74 per cent of those planning a vacation while the United States accounted for most of the remainder. The online poll was conducted last week for CIBC, one of the country's big banks. "It is great to see that so many Canadians are planning to explore Canada this summer by spending their vacation dollars here at home," said Colette Delaney, an executive vice-president at CIBC. The survey was conducted from June 18 to 20. A national poll of this size is considered accurate to within 2.5 percentage points, 19 times out of 20.

THE CANADIAN PRESS

On the web

Midweek July Fourth means confusion for travellers, businesses; Americans seen spending less

Grilled Chicken and Creamy Curry Sauce turns up the heat

This recipe bathes boneless, skinless chicken thighs in a delicious curry marinade. The thighs then get tossed on the grill.

Meanwhile, a bit of the marinade (which was reserved before the chicken was added) is blended with low-fat sour cream for a rich condiment to be dolloped on the chicken after it comes off the grill. The result is a moist and richly flavoured chicken curry that is as comfortable solo on a paper plate at a barbecue as it is on a plate of rice indoors.

Ingredients

- 1 cup chicken broth
- 1 small onion, quartered
- 1/2 head garlic, cloves peeled
- 1-inch chunk fresh ginger
- 1-inch chunk fresh turmeric
- 2 sprigs fresh curry leaves
- 2-inch cinnamon stick
- 1/2 tsp cumin seeds
- 1/2 tsp black peppercorns
- 1/4 tsp ground coriander
- 1 tsp salt
- Juice of 1/2 lemon
- 1/4 cup honey
- 1 1/2 lbs boneless, skinless chicken thighs
- 1 cup low-fat sour cream

1. In a blender, combine the chicken broth, onion, garlic, ginger, turmeric, curry leaves, cinnamon stick, cumin seeds, peppercorns, coriander, salt, lemon juice and honey. Puree until very smooth. Transfer a third of the mixture to a small saucepan and set aside.

2. Pour the remaining mixture in a large zip-close plastic bag. Add the chicken thighs, then seal the bag and gently massage to ensure all of the meat is coated by the marinade. Refrigerate for at least 30 minutes, or up to overnight.

3. Meanwhile, set the saucepan of reserved marinade over medium heat. Bring to a simmer and cook until reduced and quite thick, about 10 minutes. Set aside to cool.

Grilled Chicken with Creamy Curry Sauce

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. When ready to cook, heat the grill to medium-high. Coat the grates with oil using an oil-soaked paper towel grasped with tongs.

5. Remove the chicken from the marinade. Discard the marinade. Place the chicken on the grill and cook for 6 to 7 minutes per side, or until the meat reaches 165 F.

6. While the chicken cooks, in a small bowl combine the reserved marinade and the sour cream. To serve, drizzle the sour cream mixture over the chicken.

THE ASSOCIATED PRESS

Drink of the Week

Strawberry Sangria

- 1 bottle (750 ml) dry white wine (Chardonnay, Pinot Grigio)
- 125 ml (1/2 cup) orange liqueur
- 30 ml (2 tbsp) granulated sugar
- 750 ml (3 cups) quartered local strawberries
- 250 ml (1 cup) white cranberry juice
- 250 ml (1 cup) chilled lemon-flavoured sparkling water
- Mint sprigs, for garnish

In a large glass pitcher, combine wine, orange liqueur and sugar; stir until sugar is dissolved. Add strawberries and juice. Refrigerate until chilled. Just before serving, stir in sparkling water. Fill each glass with ice cubes; pour sangria over top. Garnish with mint sprigs. THE CANADIAN PRESS/ FOODLAND ONTARIO

Southern Fried Chicken gets kick with spicy Creole sauce

1. In bowl, whisk in buttermilk, salt and curry powder until salt dissolves. Coat chicken in mix and cover for exactly 1 hour.

2. Whisk flour, baking powder, thyme, pepper, corn starch and garlic powder in a large bowl. Remove the chicken from buttermilk mix, coat with the flour mix and lay on wire rack that is set over a baking sheet.

3. Place oven rack in middle of oven and preheat to 200 F/ 93 C.

4. Pour 1 inch of oil into Dutch oven and heat to 375 F /190 C. Add half of chicken, skin side down. Cover and cook until deep golden brown on first side, 10 minutes.

5. Turn chicken over and continue to fry 7 mins. or until a deep golden brown. Uncover while maintaining an oil temperature of at least 315 F/ 160 C.

6. Transfer to paper towel lined plate; drain 5 mins. Place on wire rack over baking sheet in oven to keep warm.

This recipe serves four. NEWS CANADA

7. Add additional oil to pot as needed. Return the oil to 375 F/190 C and complete the remaining chicken.

8. Sauce: In skillet, roast Cajun spice, add red peppers and sauté 1 min. Deglaze pan with white wine and reduce to half. Add cream and reduce to half. Season with salt and pepper. Serve with chicken.

NEWS CANADA

Ingredients

- 4 cups (1 L) buttermilk
- 3 tbsp (45 g) salt
- 2 tbsp (30 g) curry powder
- 4x4 lbs (2 kg) bone-in chicken pieces
- 5 cups (1.25 kg) flour
- 5 tsp (25 g) baking powder
- 5 tsp (25 g) dried thyme
- 1 tsp (5 g) pepper
- 5 tbsp (75 g) corn starch
- Pinch of garlic powder
- 6 cups (1.5 L) canola oil

Red Pepper Creole Sauce

- ¼ cup (125 ml) heavy cream
- 2 tbsp (30 g) Cajun spice
- ¼ cup (125 ml) white wine
- 1 Ontario greenhouse red pepper, seeded and diced
- ¼ cup (125 g) fresh cilantro
- Salt and pepper to taste

Spicy Rib Dinner. Unique sauce offers flavour burst

1. Combine soy sauce, citrus juice, zest, ginger and garlic in a blender and process to a smooth paste. Spread paste over both sides of ribs and marinate in a refrigerator, 7 hours.

2. Combine dry spices in a blender and grind to powder.

3. Remove ribs from marinade and blot dry with paper towels.

4. Preheat oven to 200 F/ 93 C. Rub spice mix on both sides of ribs. Place the ribs in a pan with the orange juice and braise for 6 - 8 hours.

5. Preheat grill to medium/ high heat. Place ribs on grill and glaze with the roasted tomato ginger barbecue sauce.

6. Barbecue Sauce: Preheat oven to 350 F/149 C. Arrange tomatoes on a baking sheet and sprinkle with brown sugar. Roast tomatoes 1.5 hours. Put all ingredients in blender; process until smooth. NEWS CANADA

Ingredients

- 2 racks of baby back ribs
- 2/3 cups (158 ml) soy sauce
- Juice and grated zest of one orange, lemon and lime
- 1 tbsp (15 g) ginger, minced
- 2 cloves garlic, minced
- 1 tbsp (15 g) sweet paprika
- 2 tsp (10 g) each of Szechuan peppercorns, coriander seeds, cumin seeds & mustard seeds
- ½ tsp (3 g) cayenne pepper
- 2 tsp (10 g) brown sugar
- 2 tsp (10 g) salt

Barbecue Sauce

- 2 oz (336 g) ripe tomatoes
- 1 tbsp (15 g) ginger, minced
- Dash of lemon zest
- 1 hot chili, seeded
- 2 green onions, both white and green parts finely chopped
- 1 clove of minced garlic
- 2 tbsp (30 ml) soy sauce
- 2 tbsp (30 ml) sweet sauce
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) rice vinegar
- 2 tsp (10 ml) lemon juice
- ½ cup (125 g) brown sugar
- 4 tbsp (60 g) mustard

Student Voice

Mind your own business!

Barbori Streibl
Student
Bachelor of Fine Arts in Painting and Drawing
Academy of Art University
TalentEgg.ca

Being a post-secondary student certainly has demanded (and still does) a lot of my time, energy, and concentration. However, starting my own business while still in school has definitely been worth the extra time, energy and concentration that I have invested into starting my own company, BG Mountain Studio, in September 2010, and co-founding Sunny Bay Arts with my mom in January 2011.

I feel that by starting my own business, I will have a well-established business and a guaranteed job to work at after I finish my degree. Starting my own business has taught me many things along the way, which are all skills that I can use in any job that I may have in the future.

Where I am now

I am currently a full-time student in my last year of a Bachelor of Fine Arts program majoring in painting and drawing. In addition to being a full-time student, I work part-time for both Sunny Bay Arts, which I co-own, and for BG Mountain Studio, which I own.

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Casting your net, making it work

Social secrets. A step-by-step guide to turning a handshake into 'you're hired'

JELEEN YU
TalentEgg.ca

For most people, networking is pretty much a necessary evil. For Piotr Makuch, it's a little closer to crazy.

"The idea that people should go and network is insane," says the fourth-year Ryerson University student.

It's a radical thought for someone in his position, but not for the reasons you might think. As an online marketer and vice-president of external communication for Students in Free Enterprise (SIFE), Piotr regularly interacts with people, both in person and online.

Unlike most, though, he considers every moment and meeting — chance or planned — an opportunity to make a meaningful connection. He suggests looking at networking not as a work-related requirement, but as a way of life.

"We're actually always networking without knowing it," the sociology major explains. "We only call it 'networking' when someone with a job shows up; the rest of the time, it's just a conversation. But that shouldn't be the case, because every moment is a networking opportunity."

Here, Piotr shares his advice for job seekers looking to navigate the often-murky waters of the networking world, including his three-step method to getting the most out of every interaction, whether personal or professional.

Ready-to-go versions

"We only call it 'networking' when someone with a job shows up; the rest of the time, it's just a conversation. But that shouldn't be the case, because every moment is a networking opportunity."
Piotr Makuch

Step 1: Plan

Goals are important. Even if you aren't sure of what you want, it's important to have a sense of direction to keep you focused. Planning will make any conversation easier because you'll have a sense of where you want the conversation to eventually end up.

Never underestimate the fundamentals. Networking is about connection and you can't do that until you're able to answer the question of who you are and what you're about in a direct and concise manner.

Feeling a little puzzled? Don't overcomplicate your conversations. Keep them light, yet focused. ISTOCK

Step 2: Interact

Networking is like dating. You want to get to know the other person in a short amount of time, so make sure to pose plenty of the right questions. Your needs will define the questions that you ask, and the conversation will be shaped by what you choose to talk about. Make sure to take away at least one unique point from every person you meet so you can start the conversation again outside the immediate context.

During the conversation you should be reflecting everything back at the person to get to know them better. That way, you're never talking about one thing for too long, and the conversation will just flow naturally. Maintain a light — but focused — conversation.

Step 3: Follow up

Think of the follow-up as a continuation of that first encounter — your approach will be defined by how the original conversation went. Use the key points you took earlier to remind your contact of who you are and what you both talked about, and keep the message consistent with your goals. As a rule of thumb, make sure to send your note within 24 hours.

Keep your online life in line

JELEEN YU IS A WRITER AND EDITOR FOR THE NEWSLETTER OF A NON-PROFIT MICROFINANCE ORGANIZATION IN THE PHILIPPINES CALLED KFI (KAALALAY FOUNDATION, INC.)

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RED RIVER COLLEGE

4 SPORTS

Quoted

"I'm gonna be a kid in a candy store carrying four other kids in a candy store."

Atlanta's Chipper Jones, who said he immediately thought about his children when he was told by Braves general manager Frank Wren on Tuesday that he would replace Dodgers outfielder Matt Kemp on the NL all-star roster. Jones, 40, is replacing Kemp, who is on the disabled list with a hamstring injury but plans to participate in the all-star home run derby.

NBA

Williams staying on with Nets

Deron Williams is moving to Brooklyn with the Nets, instead of back home to Dallas. The all-star point guard said on his Twitter page Tuesday night that he "made a very tough decision today" and posted a picture of the Nets' new team logo that accompanies their move from New Jersey to Brooklyn. A person with knowledge of the decision said Williams told the team he was accepting their five-year contract worth $98 million. The person confirmed the agreement on condition of anonymity because contracts can't be signed until July 11.

THE ASSOCIATED PRESS

Mobile news

NFL commissioner Roger Goodell shot down appeals from four players suspended in connection with the league's bounty investigation of the New Orleans Saints on Tuesday. Scan the code for the story.

Olli Jokinen awaits a puck drop with the Flames in March. CHRISTIAN PETERSEN/GETTY IMAGES FILE

Jokinen an elder statesman with Jets

NHL. 33-year-old ready to provide experience and offence in Winnipeg

Quoted

"My family loves living in Canada. They're not afraid of the cold weather. My kids, they love snow."

New Jet Olli Jokinen on moving to Winnipeg.

Olli Jokinen is starting to feel his age.

While mulling over a $9-million US, two-year contract offer from the Winnipeg Jets, the 33-year-old centre started examining the team's roster. And he was surprised with what he saw.

"I looked at the lineup and I think I'm the oldest player on the team right now," Jokinen said Tuesday after signing the deal. "I've always been around older players and more experienced teams."

In Winnipeg, that role will fall to him. But Jokinen was brought in to be more than just a veteran presence around the dressing room.

The Finn is coming off a 61-point season in Calgary and became the Jets highest-paid forward. Clearly, general manager Kevin Cheveldayoff expects him to provide an offensive boost to a lineup that relies on scoring by committee.

"When you get older, you want to win and you want to be part of something good," he said. "I think there's something good in the players already in Winnipeg. I think they're a good team.

"Whatever my role's going to be, I'm going to do the best I can."

Many scoffed when Calgary signed Jokinen to a two-year deal in July 2010 — just months after dealing him away — but he feels, with help from former Flames coach Brent Sutter, he proved the doubters wrong.

"I think the last year and a half I changed my game to be a better overall player," said Jokinen. "And credit goes to Brent. He (taught) me how to play good in both ends and how to play other teams' top lines and how to be more helpful to the team." THE CANADIAN PRESS

Sold on MTS Centre

Jokinen has seven NHL seasons with at least 20 goals under his belt.

- The native of Kuopio, Finland said he found free agency "a little bit stressful," but was intrigued by the opportunity to play in front of the hockey-mad fans at MTS Centre.

Baseball

Goldeyes give up late lead in loss to RedHawks

It took just one good inning — and that's all it usually takes in defensive duels on sweltering summer nights — for the Fargo-Moorhead RedHawks to come back and drop their North Division rivals from Winnipeg, 5-3, before 5,076 at the Goldeyes' downtown ballpark.

Winnipeg starter Chris Salamida (1-2, 4.47 ERA) put together a solid outing, allowing just a single run on six hits through six innings of work. But as closer Dexter Carter was eyeing his sixth save of the season up 3-2 in the top of the ninth, Fargo's Ryan Delgado drilled a three-run double to right-centre to put the RedHawks up for good.

Carter took the loss, dropping him to 0-2 with a 3.57 ERA in 18 appearances this season.

Coming into the game, the Fish were 0-4 when trailing after seven innings in home games, and it appeared they knew how to avoid a familiar fate.

Following the seventh-inning stretch, Fargo starter Tyler Herron loaded the bases and was pulled for reliever Mike Zenko. The first batter Zenko faced, Price Kendall, smacked a two-out triple to the gap in left-centre that emptied the bases to put Winnipeg up 3-1.

But Nic Jackson's solo-homer in the eighth put Fargo within striking distance.

The Fish (26-17) remain at least a game up on the surging Sioux Falls Pheasants and continue their four-game series against the RedHawks tonight at 7 p.m.

DARRIN BAUMING/FOR METRO

NHL. Jagr signs $4.55M deal with Dallas Stars

Jaromir Jagr could be the next big thing in Texas.

The unpredictable winger landed in an unexpected destination, signing a $4.55-million US, one-year deal with the Dallas Stars on Tuesday. Even at age 40, Jagr arrives with big expectations after putting together a 54-point season in Philadelphia following a three-year hiatus in Russia.

"Jaromir Jagr is, without a doubt, one of the best players in the history of this league, and he demonstrated last season that he remains incredibly skilled, productive and valuable," Stars general manager Joe Nieuwendyk said in a release. "We see him fitting into our top two lines and contributing heavily to our offensive attack."

Jaromir Jagr GETTY IMAGES

THE CANADIAN PRESS

CFL

Durant takes top offensive honours in Week 1

Darian Durant's big opening-week performance against Hamilton has earned the Saskatchewan Roughriders quarterback CFL offensive player of the week honours.

Durant completed 25 of 34 passes for 390 yards and four touchdowns in Saskatchewan's season-opening 43-16 win over the Tiger-Cats on Friday. He added 33 rushing yards.

Durant threw for just 3,653 yards last season, easily his lowest total since 2009. THE CANADIAN PRESS

NHL. Devils re-sign Salvador for three years

Defenceman Bryce Salvador, a key cog in New Jersey's run to the Stanley Cup finals, re-signed with the Devils on Tuesday. Salvador, 36, received a three-year deal, worth $9.5 million US.

Teamed up with Marek Zidlicky, a midseason acquisition from Minnesota, Salvador found his groove in the playoffs, as the Devils defeated the Panthers, Flyers and Rangers en route to their first Eastern Conference title since 2003. He finished second in post-season scoring among defencemen.

New Jersey, a No. 6 seed that went 14-10 in a surprising post-season run, has brought back Martin Brodeur and Johan Hedberg in net. They also locked up the entire fourth line — a makeshift group that found spring success and featured Ryan Carter, Steve Bernier and Stephen Gionta — as well as defenceman Peter Harrold, who was in and out of the lineup during the four playoff series. THE ASSOCIATED PRESS

By the numbers

14

Bryce Salvador had four goals and 14 points in the post-season after a regular season in which he failed to find the net once.

Altima finally gets a makeover

ALL PHOTOS WHEELBASE

Active Understeer

On the road, the Altima uses Active Understeer Control. During turning, light braking is applied to the inside wheel to counteract the natural tendency for the car to continue in straight line.

Also assisting is Nissan's Easy Fill Tire Alert that was initially installed in the Quest minivan.

Interior

The interior offers about the same passenger and trunk volume as before, but a concerted effort was undertaken to replace or recover hard-plastic surfaces with soft-touch materials. Another area of focus was noise reduction, achieved by adding more sound-absorbing materials around the car.

2013 Nissan Altima

- **Type.** Four-door, front-wheel-drive mid-size sedan.
- **Engine (hp):** 2.5-litre DOHC I4 (182); 3.5-litre DOHC V6 (270).
- **Mileage:** L/100 km (city/hwy) 7.4/5.0 (2.5).
- **Base Price (incl. destination):** $25,300.

Engine

The base 2.5-litre four-cylinder's output has notched up to 182 horsepower from the previous 175 due to a new valve train. An all-new continuously variable transmission offers fewer moving parts (reducing friction) and electronic-control improvements so that it more closely mimics a traditional multi-speed automatic.

Nissan has reduced the Altima's overall weight by about 33 kilograms.

Review. The Altima reset the bar for the family car back in 2002. Look what a decade has done

MALCOLM GUNN
Wheelbase Media

First impressions are often lasting ones, and for new-car buyers they can also make the difference between closing the deal right then and there or searching elsewhere.

Where the 2013 Nissan Altima is concerned, most shoppers' reactions will be, "Whoa!"

The outgoing Altima that has been around since the 2007 model year was certainly no mutt, but the new car really shows that its best-before date has come and gone. The mid-size sedan presents a graceful face, with a grille and headlight pods that almost appear to melt into the stylish fenders. The windshield pillars have a bit more rake to them to help reduce aerodynamic drag.

At the opposite end, the knife-edge-style tail lights neatly encircle the fenders and the trunk lid's spoiler is integrated as part of the sheet metal. Viewed in profile, the Altima doesn't appear significantly changed, but the fancier chrome door handles and similarly coated trim pieces throughout attest to the car's more glamorous presence.

The base 2.5 model's pricing begins at $25,300 (including delivery to the dealer) and includes all the usual bells and whistles. From that point, S, SV and SL models pile on the content, but can add more than $9,000 to the base price with luxuries such as heated front seats leather interior, heated steering wheel and a power moonroof.

The Altima's impressively restyled sheet metal and interior appointments, matched with seriously improved fuel economy, serve notice that this Nissan has what it takes get your attention.

"Whoa," indeed.

5 DRIVE

Top Gear

Two-bucket solution

Grit Guard is introducing its colour-coded Dual-Bucket Washing System to its cleaning products lineup. The black bucket contains only clean wash solution, so after dunking your wash mitt and washing for a bit, you then rinse the mitt in the red bucket. Dunk the mitt back into the black bucket for more washing solution, etc. Both buckets feature Grit Guard's removable inserts that keep the washed-off crud at the bottom of the bucket, reducing the possibility of paint scratches or swirl marks. The buckets sit in their own dollies with casters and have individual lids. A seat cushion included with the kit converts one bucket into a handy stool. The Dual-Bucket System sells for $130 US and is offered directly from gritguard.com.

WHEELBASE

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This Porsche is a road-trip ready ragtop

Second Gear.
2005 to 2012
Porsche Boxster

JUSTIN PRITCHARD
drive@metronews.ca

The Boxster cranked up Porsche sales with its promise of 'fun-in-the-sun' motoring, efficient performance and relatively affordable access to the German automaker's heritage.

Despite its two-seat body, Boxster's mid-mounted engine enabled the placement of a trunk in both front and rear, making this compact ragtop ready for a road trip.

Feature content included xenon lights, Bose audio, remote access, cruise control, a driver computer, Bluetooth, navigation, heated power seats and more.

TORSTAR NEWS SERVICE

Common Issues

Approach any used Boxster checking for signs of electronics or wiring-related problems. Before your test-drive, ensure all motorized or electronic features work as expected — including the stereo, power seats, climate control system, instrument cluster and lights.

Inspect the convertible top for proper operation in both directions, and question any used model with signs of damage to the roof, or any abnormal smells inside that could indicate a leaky top. Some reports of engine failure in earlier models were reported and are well documented online.

An extended powertrain warranty is a good idea if available on a pre-2009 Boxster.

Engine

All models got a flat-six engine, ranging in displacement between 2.7 and 3.4 litres and boasting power output ranging from 240 to just over 300 horsepower.

What Owners Like

The Boxster excelled where day-to-day functionality was concerned — offering two trunks, easy entry and exit and good fuel economy. Style, exclusivity, performance and driving pleasure rounded out the package.

What Owners Dislike

Complaints tend to centre on a stiff ride, limited on-board storage and cluttered control layout.

Verdict

As with any used Porsche, purchase, maintenance and running costs are relatively high — though a world-class driving experience is the reward.

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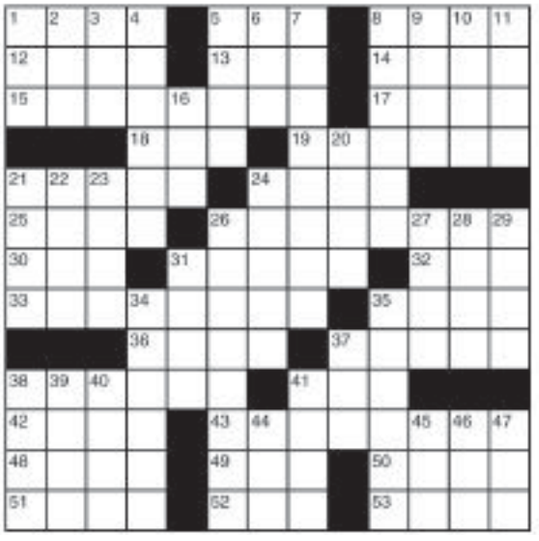
Across

1 Lovers' quarrel
5 Badly illuminated
8 Georgetown athlete
12 Head light?
13 Addressee
14 Idolaters' poetry
15 Pachyderm
17 Staff member?
18 Cacophony
19 Spain and Portugal
21 Utter confusion
24 Responsibility
25 Breathing organ
26 Vote
30 Grecian receptacle
31 Elbows' counterparts
32 Carnival city
33 Lift
35 Cookware
36 Yale students
37 Tearjerker need (Var.)
38 Yarn-fineness measure
41 London atmosphere
42 "American —"
43 Grandeur
48 Malaria symptom
49 Placekicking prop
50 Recess
51 Give temporarily
52 Still
53 Eyelid problem

Down

1 That girl
2 Crony
3 Pub order
4 Big kahuna
5 Actress Cannon
6 Charged bit
7 Rebellious sailor
8 Truthful
9 Stench
10 Bigfoot's cousin
11 On the briny
16 Possessive pronoun
20 Tampa Bay team, for short
21 Hint
22 Pitch
23 Daughter of Elizabeth
24 Dairy-case wares
26 Whole
27 Tehran's land
28 Sty cry
29 Inquisitive
31 Hardy cabbage
34 Concealed in mystery
35 Irreligious people
37 Glutton
38 "Don't touch that —!"
39 Advantage
40 It may be a common object
41 Yard trio
44 Marvin or Majors
45 "To be or — ..."
46 Shyly flirtatious
47 — out a living



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

H A D E Z M W V R Q W V P P H S N

L M L V W R H S M F W M Y D

A W V S Y D , R E C V L V E L K V C H N Q U

F K M H C D E Z ' W V E S M U V M W .

Yesterday's Cryptoquip: WHEN VICE PRESIDENT AARON BECAME HUNGRY, YOU MIGHT SUPPOSE HIS FAVORITE FOOD WAS A BURR-ITO.

Today's Cryptoquip Clue: W equals R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TODAY	THURSDAY	FRIDAY
MAX: 25° MIN: 20°	MAX: 30° MIN: 15°	MAX: 29° MIN: 16°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. You know what needs to be done and you know you have what it takes to make a good job of it — so what are you waiting for? Act now!

Taurus | April 21 - May 21. You may be having second thoughts about a project you are involved with, but planets warn it'd be wrong to make changes at this stage.

Gemini | May 22 - June 20. What people say and what they mean will be two different things today. Assume that nothing you hear can be taken for granted.

Cancer | June 21 - July 22. You may find yourself at a loss to explain why certain things are happening but your senses tell you they are, so all you can really do is decide how to react. Doing something is better than doing nothing.

Leo | July 23 - Aug. 22. Mercury in your sign will help you outsmart those who think you can be easily manipulated. They're wrong.

Virgo | Aug. 23 - Sept. 22. Chances are you will mislead yourself about something today — the kind of thing that 99 times out of 100 would not fool you at all.

Libra | Sept. 23 - Oct. 22. You know your way of looking at the world is best but you won't be able to convince loves ones and work colleagues of that today. They have as much right to be wrong as you.

Scorpio | Oct. 23 - Nov. 21. You will hear something you do not agree with today but don't make an issue of it. Others can rant and rave, and make fools of themselves if they so wish, but you know it is better to be self-controlled.

Sagittarius | Nov. 22 - Dec. 21. Today's cosmic activity will encourage you to focus on down-to-earth matters such as how to pay the bills and make ends meet.

Capricorn | Dec. 22 - Jan 20. Do whatever it takes to avoid feelings of doom today. If you get stuck in a bad mood now, you may not be able to snap out of it until the weekend at the earliest.

Aquarius | Jan. 21 - Feb 18. Don't try to second guess partners and loved ones today because there is a danger you will get it wrong.

Pisces | Feb. 19 - March 20. You may think you know what's going on at work, but do you? Mercury's link to Pluto warns you may have logic twisted, so try to stand back from the situation and see the wider picture. **SALLY BROMPTON**

Caption Contest

"Help! I've pollen and I can't get up!"
Amanda

TRI-CITY HERALD, BOB BRAWDY/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

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